

Weather

Friday
Partly Cloudy
57-31

Saturday
Partly Cloudy
61-35

Sunday
Partly Cloudy
61-45



Vol. 51, No. 4 Visit us online at www.ala.usmc.mil January 31, 2008

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MCA families prepare for deployment

Art Powell
PUBLIC AFFAIRS SPECIALIST

Spouses and dependents of 18 deploying civilian Marines and contractors from Maintenance Center Albany were invited to attend a family support briefing Jan. 24 as part of the preparation for departing personnel Friday for a six-month tour of duty in the Iraqi theater of operations.

Preparations for the deployment among those in attendance reflected confidence to get the job done and concern that families back home would receive the support they needed. The meeting was designed to ease those concerns with information on various civilian home-front topics.

“It’s exciting, I’m ready to go and get back, but I’ve never done anything like this before” said John Lewis,

a mechanic, DS2, from Dawson, Ga., who is making his first overseas deployment.

When asked if he felt prepared for the deployment, Lewis acknowledged there will be a big change in his life because of the deployment.

“In some ways I’m ready, but I’m anticipating a big change in my life and hoping everything will be fine when I leave,” he added.

As Lewis spoke, Mary Powers, his girlfriend, knew what it was like to deploy to Iraq.

“I was in the Army for five years and have been to Iraq for two tours,” she said.

She was assigned to an engineer unit from Ft. Benning, Ga., and her unit built base camps in Iraq.

Powers felt the family support briefing at MCA was a good idea and something that all civilian families — see page 4



Col. Daniel J. Gillan, MCA, speaks to several families of deploying civilian Marines during a brief held at MCA Jan. 24.

ART POWELL



JOEL C. GUENTHER

Gunnery Sgt. Jon D. Linhan (left) counters a kick from Capt. David K. Kelly, black belt instructor, during the Marine Corps Martial Arts Program.

MCMAP focuses on sustaining, advancing skills

Joel C. Guenther
PUBLIC AFFAIRS SPECIALIST

The Marine Corps Martial Arts Program is, once again, up and running at Marine Corps Logistics Base Albany. Capt. David K. Kelly, black belt instructor qualified, conducts the classes every day, 6:30 to 8:30 a.m., in Building 7106.

Kelly said, “What we are trying to do, here, is basically some sustainment training and moving some of the Marines aboard base in the MCMAP system.” He added that they are trying to increase the Marine’s awareness of what they are doing in order to increase their skills. “We want to make some forward progress instead of just sitting and stagnating,” he said.

The MCMAP system was created in 2001

with Marine Corps Order 1550.54 which called the program “a revolutionary step in the development of martial arts skills for the Marines.”

Much like other systems of martial arts, MCMAP uses a progression of belts to indicate the level of competence. This progression, beginning at the lowest level, starts with a tan belt; then gray, green, brown and black. Green, brown and black belt Marines can also earn instructor qualifications. Additionally, at the black belt level, a Marine can earn an instructor trainer qualification.

At the black belt level, there are also several degrees running from 2nd degree to 6th degree. All of these require the recommendation of a reporting senior, appropriate level

MCMAP — see page 4

Toys for Tots 2007 campaign called successful

Art Powell
PUBLIC AFFAIRS SPECIALIST

The Toys for Tots campaign in Southwest Georgia completed yet another successful year.

“It went very well in 2007 in a time when other agencies were seeing a decrease in donations, we saw a slight increase from the previous year,” said Petty Officer 1st Class John Gilbreath, coordinator for the Southwest Georgia Toys for Tots campaign, when describing the 2007 effort.

Last year marked the 60th anniversary of the Toys for Tots program nationwide for the Marine Forces Reserve and Gilbreath said Detachment 2 wanted to capitalize on the anniversary to build on existing relationships and make new ones.

“We cover 17 counties and, in the 2007 Southwest Georgia Toys for Tots campaign, we distributed 87,414 toys to 23,644 children. That’s an increase of almost 5,000 toys from last year,” said Gilbreath.

The success of the Southwest Georgia campaign has spawned the creation of new Toys for Tots programs in Valdosta, Ga., and Columbus, Ga., areas that were once part of the Albany-based campaign.

Valdosta operated its own program in 2007 and Columbus is scheduled to stand up its own program in 2008, according to

Gilbreath. Bainbridge, Ga., may start its own Toys for Tots program this year.

“This year’s Toys for Tots campaign was extremely successful and enjoyable for the Inspector-Instructor and Det. 2 staff. We were very fortunate to have numerous organizations and personnel collaborate, including the Marine Corps Logistics Command, Maintenance Center Albany, MCLB Albany, the Albany Area Chamber of Commerce, the Salvation Army, the Albany Marine Corps League and numerous Albany area businesses, all of whom provided significant support by promoting the program, collecting donations, assembling toys and bikes, and signing up and distributing toys to families,” added Maj. Kerry K. Mengelkoch, officer in charge, Detachment Two, Supply Company, 4th Supply Battalion, 4th Marine Logistics Group, Marine Forces Reserve.

The major activities conducted to support the local campaign included Bikes-or-Bust, which produced 473 bikes, toys and cash donations and support from a local group known as the Mardi Gras Christmas Committee.

Also, in conjunction with the Salvation Army, a golf tournament was held at the River Pointe Golf Course in Albany, Ga.

“This year, the golf tournament sold out all 144 places and some people who had

TOYS FOR TOTS — see page 4



JOEL C. GUENTHER

CDC children celebrate with balloon release

Pre-kindergarten children celebrate 100 days of classes Jan. 23 at the Child Development Center, Marine Corps Logistics Base Albany, by releasing 100 balloons. The children delighted in releasing the balloons, although some a bit early and other not wanting to let their balloon go at all. They required a bit of coaxing from their teachers.

The children were also encouraged to bring in examples of 100 of something, which was designed to give them an idea of what the number 100 represents.

Georgia
Election Events
Presidential Preference Primary
Feb. 5

Absentee voting
until Feb. 1

Advance voting
until Feb. 1

Fans Don't Let Fans
DRIVE DRUNK.
Designate a sober driver for your Super Bowl party.

MCLB Updates

Blood Drive

The blood drive will be held at Thomason Gymnasium Friday from 9 a.m. to 2 p.m. All donors of blood or platelets will also be entered into a drawing to receive flowers for a year. For more information or to schedule an appointment, call 639-5757.

Super Bowl XLII Party

MCCS will host an “all hands”

Super Bowl party at the SNCO Lounge Sunday beginning at 4 p.m. Kick off will be at 6:18 p.m.

Control burns

The Natural Resources Section will conduct a prescribed burning of base timber stands beginning in February and concluding on or before May 1. Burning will only be done on days with favorable weather conditions. Periodic fire tends to favor wildlife species, such as deer, dove,

and quail which require a more open habitat. A mosaic of burned and unburned areas tends to maximize “edge effect” which promotes a large and varied wildlife population. Habitat preferences of several endangered species, including the gopher tortoise and indigo snake, are also enhanced by burning. For more information call 639-6261.

Darton College Registration

Registration for the B-Term class-

es at Darton College has been changed from late February to Feb. 7, from 9 a.m. - 12:30 p.m. and 3 - 6:30 p.m.

B-Term classes are accelerated classes that start March 3 and end May 1.

The B-Term schedule is listed on the Darton Web site at www.darton.edu.

For more information or for a free schedule, call 1-866-775-1214 or (229) 317-6740.

2008 Run for Relief

Marine Corps Logistics Base Albany will be hosting the 2008 Run for Relief Half Marathon, 5K run and 1 Mile Fun Run Feb. 9.

Times for the races are: Half Marathon, 8 a.m., 5K, 8:20 a.m. and 1 Mile Fun Walk/Run, 9 a.m.

The entry fee is \$25. There will be a \$10 charge for children ages 14 and under. All runners who pre-registered prior to Jan. 25 are guaranteed an

See BRIEFS — page 5

“Minimize: It’s not just for computers”
Cmdr. H. E. Ranard
MCLB ALBANY COMMAND CHAPLAIN

A priest once said to his parishioners, “When you come to me for confession, if you tell me that you have stolen a piece of rope, don’t forget to tell me if a horse was tied to one end!” His point? We all have the tendency to minimize our sins.

One way to absolve ourselves of responsibility, accountability and guilt to both God and man, is to diminish the severity of our actions. So we seek to minimize our sins, ignore our sins, blame our sins on others or simply deny that we have sinned.

Truth is, we do a lot of things with our sins except what we should do, and that is to face up to, accept, and confess them.

One very prominent figure in the Bible fell into this same trap. Who was it? David. King David. David, King of Israel.

In the Old Testament, 2nd Samuel, Chapters 11 and 12, we read how David committed adultery and then committed murder in an attempt to cover it up.

David may have been able to minimize his sins within his own eyes, but not within the eyes of God.

And so it was that God sent his Prophet, Nathan, to confront the King with the truth.

Once confronted, David faced, accepted and then confessed his sins.

The definition of sin in God’s eyes has not and will not change. Sin will always be defined in the light of God’s standards, not man’s. Now we may choose to deny this, but that will never absolve us of our responsibility and accountability toward God.

It is often the case that, like David, God has to confront us with the truth of our sinfulness.

It has been my experience that God often does this by allowing us to reap the negative consequences of our actions.

The truth of God’s Word declares that “we all have sinned and come short of the glory of God” (Romans 3:23).

Those of us who have lived more than a few years are likely to be more aware of just how true those words are.

Remember this promise, also found in God’s Word, that God is faithful and just to forgive those who do confess their sins. (1 John 1:8-10). What are you doing with your sins? When was the last time you sought out the forgiveness of God for the sins of your life? Any of us overdue?

Sunday School 8:45 a.m.
Protestant Worship 10:30 a.m.
Ladies Bible Study Wednesday 10 a.m.
All Hands Bible Study Thursday 6 p.m.

CHRO News
News you can use from the
Civilian Human Resources Office
Political Activity
(The Hatch Act)

As the presidential campaign heats up and primaries are decided, it is time to be especially careful about what you do and say in the federal workplace.

Just forwarding an e-mail that advocates a candidate could put you in violation of federal policy and leave you without a job.

Passed in 1939, the Hatch Act governs the political activity of government employees.

It is intended to protect federal employees from political pressure from their bosses or supervisors.

An amendment in 1993 eased the rules and federal employees are now permitted to take an active role in political campaigns.

One of the biggest problems with the Hatch Act is that many federal employees don’t know where it ends and where it begins.



Generally, federal employees may:

- be candidates for public office in nonpartisan elections
- register and vote as they choose
- assist in voter registration drives
- express opinions about candidates and issues
- contribute money to political organizations
- attend political fundraising functions
- attend and be active at political rallies and meetings
- join and be an active member of a political party or club
- sign nominating petitions

See CHRO NEWS page 5

Crossroads Restaurant Menu		
Today	Steamed Rice	
Homemade Pork BBQ	Broccoli Casserole	
Chicken Vega	Field Peas w/Snaps	
Mashed Potatoes		
Corn on the Cob		
Green Beans		
	Tuesday	
	Chicken & Dumplings	
	Sliced Roast Beef w/Gravy	
Friday	Mashed Potatoes	
Baked and Fried Fish	Steamed Rice	
Chicken Wings	Mixed Vegetables	
Fried Rice	Corn O’Brien	
Cheese Grits		
Collard Greens		
Chef’s Choice Vegetables	Wednesday	
	Enchiladas	
	Burritos	
Monday	Tacos	
Country Fried Steak w/Gravy	Rice & Beans	
Chicken Wings		

Monday - Thursday: Salad Bar and Hot Lunch prices vary by item • Wednesday: Hot Lunch Buffet with tossed salad, dessert and drink \$5.95. Potato Bar available Monday, Tuesday, Thursday and Friday for \$2.95.



The Emblem

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PME schools

The new dates for Professional Military Education schools are available at the Military/Ops and Training Section. For more information, call Sgt. Jimmy Moronta at 639-5130.

Weapons cleaning


Weapons must be cleaned by the 15th of every month.

The Armory is located in Bldg. 7121 next to Base Property. Weapons cleaning days and times are: Monday-Friday 8:30 – 11:30 a.m. and 1-3:30 p.m. Sections are encouraged to schedule appointments for section cleaning by calling Cpl. Juan Fernandez at 639-5108. After the 15th of the month, hours vary.



It's All For You!

The Week Ahead						
YMCA Youth Soccer	Fri Feb. 1	Sat Feb. 2	Sun Feb. 3	Mon Feb. 4	Tue Feb. 5	Wed Feb. 6
Sign up Through Feb. 15	ITT will close at 4 p.m. for Inventory 639-8177	Tonight's Movie Charlie Wilson's War R 7 p.m. 639-5166	Super Bowl Party SNCO Lounge Sunday. Lounge will open at 4 p.m. Kick off at 6:18 p.m. Compliments of MCCS Nachos & Cheese, Hot Dogs, Chili, Bratwurst, Pizza & all the trimmings. For more information call 639-6236. ALL HANDS	TAMP Class M & F Services Bldg. 7200 8 a.m.-4:30 p.m. Through Feb. 7 639-5426	Playmornning Base Chapel Annex 9:30-10:30 a.m. 639-5199 ALL	Retiree Breakfast Crossroads Restaurant 6:15 a.m. 639-5278 R
Main Office \$60 Includes Uniform. Ages: Under 5 (must be 4 by Aug. 1, 2007) Under 5-6 Under 8, 10 & 13 Coed And Separate Boys & Girls Teams if enough players sign up. Call Tom at 639-5246 for more information.	Tonight's Movie Walk Hard: The Dewey Cox Story R 7 p.m. 639-5166 ALL	ALL		Albany Technical College Visit Marine Corps Exchange 11:30 a.m.-1 p.m. 639-5162 ALL	3 rd Annual Daniels Cup TEAM CHALLENGE 11 a.m. Covella Pond 639-6234 ALL	Tonight's Movie The Water Horse Legend of the Deep PG 7 p.m. 639-5166 ALL




Begins Feb. 28
Ends Apr. 17
12-1 p.m.
Every Thursday
Branch Medical Clinic


Health Assessments are Feb 19 & 21 7:30-10 a.m. and must be done before the first class. Call 639-7935 for an appointment.

This 8 week course Includes: Weigh-ins Body Mass Index Exercise Nutrition, cholesterol and healthy heart information.

Open to All, however Active Duty may sign up Feb. 4-8. All others after Feb. 8

Pin City Bowling Center. February SPECIAL, Every Friday, 11a.m.-10 p.m. Active duty & family members, Enjoy every third game free. 639-5233





ITT's 10th Annual Travel and Recreation Trade Show Wednesday, March 19, 2008 10:30 a.m. - 1:30 p.m. Thomason Gym

ALL

Over 50 vendors from major resorts, parks and vacation destinations. Lots of door prizes including vacations.

Lunch available for purchase.

MCCS Test


Marines can arrange to take the Common Skills Test by filling out a training request via the Military/Ops and Training Section. Call Sgt. Jimmy Moronta at 639-5130 to schedule an appointment.

PFT

PFTs are held every other Thursday at 7 a.m. at the designated PFT course. PFTs will not be taken on days that begin a 96-hour holiday. For more information, call Sgt. Jimmy Moronta at 639-5130.

MCMAP

Marines wanting to maintain or upgrade their Marine Corps Martial Arts Program belts can call Capt. David Kelly at 639-6568.



3rd Annual Daniels Cup TEAM CHALLENGE Wednesday, February 6 11 a.m. Covella Pond


Test your teamwork in these 3 events:

Tug O' War
Sprint Relay
Tote & Carry Relay
Open to ALL Base Employees

7-member teams:
A minimum of at least ONE FEMALE is needed per each team.

Winner will display the Cup in their work area and defend it next year.

SIGN YOUR TEAM UP at 639-6234



ELIGIBILITY LEGEND

ALL Open to all Active Duty, Retirees, DoD Civilians, Contractors, Reservists and their family members

AD Active Duty and their family members

R Retirees and their family members

C DoD civilians and their family members

N Contractors and their family members

V Reservists and their family members

MCCS Marketing Hotline 639-5268
MCCS Web site: www.ala.usmc.mil/mccs

MCLB Albany frequently called numbers			
Base information: 639-5000			
Gas Station	436-8352	Barber Shop	432-9485
Thrift Shop	436-2368	Game Warden	639-5188
Medical	639-5976	Base Restaurant	639-5223
Exchange	888-6801	Officer of the Day	639-5206
Commissary	639-5258	Base Legal	639-5212
Dental	639-7871	Navy Relief	439-5246
Pharmacy Refill	800-628-7427	ITT	639-8177
Auto Skills Center	639-5226	Omega Travel	878-2870
CHRO	639-5232	Outdoor Activities	639-5241
Theater	639-5166	Base Chapel	639-5282
Pass & ID	639-5200	Post Office	639-5219
Bowling Alley	639-5233	Veterinarian	639-5867
Live Oak Lodge	639-5614	Young Marines	639-5285
Youth Activity Center	639-5196		
Subway	432-5000		
Seven Day Store	888-6801		
AFGE Union	435-3800		
Base Gym	639-5246		
Child Care Center	639-5765		
Navy Federal	435-0595		
Dry Cleaners	438-2565		
Family Service Center	639-5276		
Fitness Center	639-6234		
Pharmacy	639-5976		
Civilian Job Hotline	639-5458		
Civilian Personnel	639-5232		

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The Albany Herald (U.S.P.S. 012-320), 126 N. Washington St., Albany GA 31707, published daily by Triple Crown Media, Inc., is the legal organ of Dougherty County.

Periodicals class postage paid at Albany, GA. Postmaster: Send address changes to The Albany Herald, P.O. Box 48, Albany, GA 31702, Business Hours: Monday - Friday 8 a.m. - 5 p.m.

Stalking goes high-tech

Art Powell

PUBLIC AFFAIRS SPECIALIST

January is Stalking Awareness Month and the Family Advocacy Program at Marine and Family Services wants base personnel to know that stalking doesn't happen to just famous people and may not involve someone already in a relationship.

"It may involve someone who wants your attention, someone whose advances you are not interested in, but who may use today's technology to stalk you without you even knowing about it," said Jamie Hurst, victim advocate, Family Advocacy Program, Marine and Family Services, Marine Corps Logistics Base Albany.

The old definition of stalking is outdated, said Hurst, because there are so many ways a person may stalk another individual, beyond following them in a vehicle or loitering in areas where someone lives or works.

"Sending unwanted text messages or voice-mails, or using technology to tap into your cell phone so they can read your text messages, or putting a tracer on your Personal Digital Assistant, or attaching a Global Positioning System device to your vehicle, is stalking and should be treated seriously. Seventy-six percent of female homicide victims were stalked prior to their death and more than half of these victims reported the stalking before being murdered by their stalker," added Hurst.

Before excessive e-mail or text and voice mail traffic becomes a stalking issue, Hurst says someone who is receiving the attention needs to let the sender know they aren't interested in having contact with them.

"If those activities continue after that, they

should file a report with law enforcement and make family and friends aware of the situation," added Hurst.

An additional step for someone who feels they have a stalker is to contact Hurst to review their options as well as educate themselves about the stalking laws.

"If a military person is proven to have been involved in a stalking situation, the matter can be brought before the commander," she said.

"The Uniform Code of Military Justice was modified in 2006 to include stalking, which used to be included in larger domestic violence and abuse laws. Now, it has its own definition and can be pursued on its own," added Hurst.

January has been designated as Stalking Awareness Month by the federal government in an effort to educate parents, lawmakers, and community leaders on the ever-changing technology being used by stalkers and to encourage the review of state and local laws to ensure the inclusion of current and future technology.

Statistics show that more than one-million women and 370,000 men are stalked annually in the United States and 87 percent of stalkers are men. Overall, one in 12 women and one in 45 men will be stalked in their lifetime, according to figures released by the National Center for Victims of Crime.

The Stalking Resource Center is a program of the National Center for the Victims of Crime and is designed to raise awareness of stalking and to encourage the development of responses to talking in communities across America.

For additional information, contact the Family Advocacy Program at (229) 639-7938, the Stalking Resource Center at (202) 467-8700 or visit them online at



PHOTO ILLUSTRATION BY NATHAN L. HANKS JR.

Stalking isn't what it used to be, when stalkers typically followed someone they knew by automobile or on foot. Now, stalkers use methods including sending unwanted text messages or E-mails, even tracking vehicles using GPS devices.

Signs and diagnosis of PTSD

Joel C. Guenther

PUBLIC AFFAIRS SPECIALIST

Editor's note: This is the second of a three-part series. This segment focuses on the symptoms and diagnosis of possible Post Traumatic Stress Disorder in Marines and others who have suffered from some significant traumatic event. Emphasis is placed on Marines and their families since there has been a great deal of discussion in the news media about Marines and soldiers with PTSD.

To recap, Post Traumatic Stress Disorder is, according to Veterans Affairs, a psychological disorder based in witnessing or directly experiencing powerful, life-threatening events such as military combat, natural disasters, terrorist incidents, serious accidents and violent assaults. As a result, almost anyone who witnesses or experiences these, and other, powerful events is susceptible to PTSD.

PTSD is not just Combat Operational Stress. Eric Ashley, director, Marine and Family Services, Marine Corps Community Services, Marine Corps Logistics Base Albany, said, "The symptoms of Combat Operational Stress and PTSD are similar." He said that PTSD is diagnosed when the symptoms of COS extend over a period of time, 30 days. In other words, if a person experiences flashbacks to the traumatic event, that might be relatively normal unless those flashbacks keep recurring over an extended time.

Ashley said of the symptoms of PTSD, "It doesn't mean that you're losing your mind. It just means that you are responding to events that are outside the normal human experience."

The typical symptoms of PTSD, in whole or in part, are based in several classes of effects or behaviors. According to MedicineNet.com, a person may experience a recurrence of the event, victims engage in avoidance behaviors, and one may become hyper-aroused. The National Center for Post Traumatic Stress Disorder also lists another symptom category, numbing.

In recurrence or re-experiencing, the person

may, according to the NCPTSD, have "a sort of mental replay of the trauma, often accompanied by strong emotional reactions. This can happen in reaction to thoughts or reminders of the experience when the person is awake or in the form of nightmares during sleep."

MedicineNet.com reported that some of the symptoms in this set include flashbacks, reoccurring nightmares, or dissociative reliving of the trauma.

Cmdr. Harvey Ranard, chaplain, MCLB Albany, said that when preparing for the Gulf War, Desert Storm, reservists who had served in Vietnam were part of his unit. "When our unit was activated, we had some select reserve guys who immediately slipped back into PTSD conditions." Ranard said, "They had buried their feelings but when activated into the war, they showed some very real problems. ... They had emotional/psychological problems, the flashbacks started coming back. It's like they just stepped back into the Vietnam War."

Jan Weissbard, a counselor with Marine and Family Services, MCLB Albany, noted the importance of triggers. He said, "These triggers can come about at any place and at any time." A trigger may be a particular odor, sight, sound or other stimulus that reminds the person of the event. The result is an almost immediate reoccurrence of the event with possible violent to incapacitating results.

Avoidance, according to MedicineNet.com, occurs "to the point of having a phobia of places, people, and experiences that remind the sufferer of the trauma." NCPTSD said that the class of avoidance symptoms includes "efforts to evade activities, places, or people that are reminders of the trauma."

Capt. Michael Hester, commanding officer, Headquarters and Support Company, MCLB Albany, said that when he was preparing for deployment, some people in his battalion who were preparing for their second deployment were going through Mojave Viper training which simulates conditions in Iraq and "some guys just couldn't deal with that. They weren't able to push on. They started going through some of the scenarios and some of the guys

just snapped."

Donna Mahnken, a counselor with Marine Corps Community Services, said that "spouses often talk about how much the other person has changed. They're withdrawn. It's affected their marriage, they've closed down." The result is that the sufferer doesn't want to talk to others, relate to them in familiar patterns, and therefore become more emotionally isolated.

"Arousal symptoms reflect excessive physiological activation and include a heightened sense of being on guard," according to NCPTSD. This leads to difficulties in sleeping and concentration. MedicineNet.com added that some of the symptoms in this group include "irritability, anger, blackouts or difficulty remembering things, an increased tendency and reaction to being startled, and hyper-vigilance to threat."

Some examples of hyper-vigilance might be seen in Marines who sit with their backs to the wall so they can see all around them. Some may have seen a tray of food dropped and noticed Marines hitting the floor and ducking behind tables.

Emotional numbing was alluded to already. NCPTSD said, "These are typically experienced as a loss of emotions, particularly positive feelings."

MedicineNet.com said of numbing that activities and people who used to be enjoyed are now uninteresting and there is "emotional deadness, distancing oneself from people, and/or the sense of a foreshortened future (for example, not being able to think about the future or make future plans, not believing one will live much longer)."

A story on Marine Corps News, "PTSD, Combat Stress and not Career Ending," talked of Chief Warrant Officer Hartman Slate. He had served in the Marine Corps for 17 years. He was in Beirut, Lebanon in 1983 for the barracks bombing and served in other deployments including Nicaragua and Somalia.

Hart told how he wanted to paint his house even gathering the necessary supplies. But, he said, he didn't paint the house. He said, "I figured, why bother if I'm just going to lose it?"

This is representative of the futility many PTSD sufferers go through.

Ashley said that a lot of those suffering from PTSD can't see much into the future. He said, "A lot of them really have this belief that they are living on borrowed time, so why should they make plans." He said they're attitude is, "I should have been dead long ago."

What hasn't been mentioned much in the symptoms categories is the use and possible abuse of alcohol and other prohibited drugs. Ashley drew the analogy of an adrenalin junkie. He said, "In combat, there is an adrenaline rush that goes through you. There's a high that comes with that, but when it's over with, it's kind of like a drug user. There's a crash after the high and for some of these guys, the high can become addictive. They drive cars fast, get in fights, and get drunk ... anything that gets the adrenaline rushing."

Hester also called it "an adrenaline rush." He said that whether you are on patrol, guard duty, or just hanging out, there is still the threat which keeps one in a state of alert. He also said, "Just driving around is probably your biggest threat there. Out on the road, you're just waiting for something to hit you."

In all, Ashley said, "The Marine Corps is doing some really great things." The Marine Corps has strict combat operational stress control protocols and have made great strides in creating closer affiliations with the Department of Veteran's Affairs and Naval Medicine.

Ashley acknowledged that on the one hand, "The Marine Corps needs order and discipline. The other side of it is that we need to have some understanding for these guys who have PTSD."

It should be noted that rarely will a person suffering from PTSD have all of the symptoms noted, or even most of them. Still, to be diagnosed with PTSD, MedicineNet.com said that a person must have at least one re-experiencing symptom, three avoidance/numbing symptoms, and two hyper-arousal symptoms. These symptoms must be present for at least one month and "must cause significant or functional impairment."

Deer hunt aboard MCLB Albany successful

Story and photo by Joel C. Guenther

PUBLIC AFFAIRS SPECIALIST

The Environment Branch, Installation and Environment Division, Marine Corps Logistics Base Albany reported that this year's deer season, which ran from Sept. 8, 2007 through Jan. 15, 2008, was a success for several reasons.

First, according to Eddie Parramore, natural resources manager, "We did a pretty good job to accommodate as many folks as we have hunting out here." This season, there were 106 registered hunters culminating in 5,227 hunting hours over the 153-day season.

Second, Al Belanger, game warden, said there were no mishaps or hunting accidents during the length of the season. Belanger also said, "This is the first year of the honor system and it went relatively smoothly." Hunters were expected to check themselves in and out for the day noting where they would be hunting.

Third, both Parramore and Belanger said, there were some very good deer taken from the base. Thirty hunters scored on 32 deer, two hunters collecting two deer. This is a 33 percent hunter success rate.

What was intended to be a split season where 20 deer would be taken during the first season and then there would be a period before the second season started, instead, the season ran continuously. Parramore said, "The first season just ran over into the second season."

Andrew King took the first deer of the season on Sept. 8, a 112-pound doe. Roger Hall took the last deer on Jan. 10. The largest deer of the season, both by weight and antler size, was a monster, 13-point buck downed by Robert Meyer on Sept. 12. Johnny Brewer also took a fine buck that weighed in at 204 pounds and carried eight points. Brewer was a first-time hunter.

All told, 10 bucks with eight points or more were downed. Belanger said that the average weight for a buck taken was 176 pounds with an average, inside, antler spread of 14.5 inches. Parramore said that the doe to buck ratio was 19 to 13, a bit lower than they would like since they try to get a two to one ratio.

Belanger also reported that for the first time on base, they held a youth hunt and that it, too, was very successful.

He said that only four youth hunters broke dawn, but two of them scored. Roger Hall Jr. and Zack Johns were the skilled young archers.

Comparing hunting aboard MCLB Albany with local plantation hunts, Parramore said, "Considering the number of hunters we have out here, and the amount of land available, if this was a hunting preserve, they wouldn't have more than 10 people hunting." Belanger added, "At commercial plantations, it would cost \$800 to \$900 for a similar hunting experience." It costs \$5 to register for deer hunting on base.



JOEL C. GUENTHER

Robert Meyer poses with the antlers from a deer he took aboard Marine Corps Logistics base Sept. 12, 2007. This was the largest buck taken during the 153-day season.

TOYS FOR TOTS

from page 1

played in earlier years didn’t have a chance to participate. So, next year, we’re thinking about having two flights for the tournament so all of those who want to support Toys for Tots will have a chance to play,” said Gilbreath.

He observed that the success of the golf tournament is an example of the support for Toys for Tots and the hard work of the local community to make it happen.

“The success we have for Toys for Tots and the Marine Forces Reserve is only proportional to the amount of help we get from the outside community, from people who make this their charity to support,” said Gilbreath. “A Toys for Tots program can’t be successful without the support of the local community.”

He also stressed that a definition of a successful Toys for Tots campaign means there was a successful partnership between many groups and organizations.

“We can’t do it at all without community support, and we’ve got great community support here,” said Maj. Christopher Morton, Inspector-Instructor, Detachment Two.

While the goal of Toys for Tots is to provide toys, some donors prefer to give cash and then local volunteers go shopping with it and, when possible, try to get discounts or deals with local merchants.

“For instance, we’ll ask the merchant if he’ll give us a bicycle for every ten bicycles we buy, and then we’ll buy them unassembled, and that saves us more money” explained Gilbreath, who

marked his third year as the Toys for Tots coordinator in 2007.

Any cash that remains after the campaign ends is reserved to start-up administrative costs for the next campaign, he added.

“Toys for Tots is one of the Marine Corps’ flagship programs where we reach out to the hearts of our local communities in order to positively influence youth and support them with our message of care, concern, hope, and patriotism,” said Mengelkoch. “It is an honor and privilege to be a Marine and serve our country, but during Toys for Tots season, we enjoy the additional honor of serving our communities children by helping Santa.”

Mengelkoch aslo added, “I cannot express how rewarding it is to see parents hugging my Marines and corpsman with tears of gratitude in their eyes, those scenes happened because of the successful Marine Corps and Albany community partnership.”

On the heels of the just-completed 2007 Toys for Tots campaign in Southwest Georgia, planning is already underway for the 2008 campaign.

A Toys for Tots planning session is scheduled this week for participants and supporters to review lessons learned from the 2007 campaign and discuss plans for 2008.

“We’re going to start planning out the dates, timelines and events for what we’ll be doing in the 2008 campaign so that we can make sure it’s a success,” added Morton.

MCMAP

from page 1

of professional military education completed and must be a current martial arts instructor trainer. These degrees are also based upon a Marine’s rank.

MCMAP instructors are allowed to train Marines one below their own. For instance, a brown belt Marine, instructor qualified, is allowed to train green belts. Black belt Marines, instructor qualified, are allowed to advance brown belts.

According to the order, “MCMAP is a synergy of mental, character and physical disciplines with application across the full spectrum of violence.” As a result, focus is on the discipline of mind, body and spirit.

According to All Marine Message 034/07, all Marines must have attained a tan belt qualification at the end of 2007. By the end of 2008, all infantry Marines are required to achieve green belt qualification and other combat Marines must qualify at the gray belt level.

Kelly said that since its inception in 2001, the Marine Corps has moved some of the techniques throughout the belt system. He also said they have added some techniques, discarded others and modified still others.

Staff Sgt. Charles Amicangelo, radar technician, Marine Corps Systems Command, said he was in class sustaining green belt qualification and going for a brown belt. He said, “Sustaining is making certain you know the moves that you learned at a specific belt level, and to make certain you continue to know those, that you commit them to muscle memory.”

Amicangelo said he has been deployed but that he did not have the opportunity to use the moves he was trained in.

“I try to practice and sustain my own moves,” Gunnery Sgt. Jon D. Linehan, equipment specialist, Air Defense and Command Control Systems, SYSCOM, said. “I constantly try to keep myself at least at my level.” Linehan is a green belt who said he is also going for a brown belt.

Kelly reflected on the program. “It instills the idea that all Marines are riflemen to start off with, but we are also all warriors.” He added, “It develops the warrior mindset in the Marines. It puts the Marine back into the Marine Corps.”

For further information about MCMAP, call 639-6568.

MCLB Albany commanding officer on Marine Corps clubs

The Commandant of the Marine Corps has made the decision to eliminate club dues from our membership clubs as of Jan. 1, 2008.

I wanted to ensure all who currently patronize our clubs – and those whom I hope choose to do so in the future – are made aware of this change and the impact it will have on our clubs.

As the Commandant stated, our clubs have been and will continue to be a place of camaraderie, rich in tradition and culture. He wants to ensure that every Marine exercises his/her club membership as a privilege earned by achieving the title of “Marine” and nothing else. Therefore, effective immediately, every Marine – active, reserve or retired – and civilian-Marine is considered a member of his/her respective club based on rank or grade. For our civilian-Marines, should you not be aware of which club you are authorized to utilize based on your grade, please go to www.ala.usmc.mil/mccs for a complete listing. Questions can also be directed to MCCS at 639-7716.

I encourage your participation in our clubs here at MCLB Albany. You will be involved in ensuring they remain a very important part of our base and continue to be a place of gathering for those listed above, as well as our families. It is this bond of fellowship that we all share with each other that has made our Corps strong since the early days of Tun Tavern.

The elimination of dues will, of course, have an impact on how our clubs are being managed and some business rules will have to change. I have tasked the director of MCCS to develop a workable strategy to offset the loss of revenue resulting from the elimination of dues. The principal components of this strategy will include:

- *Increase in authorized appropriated fund support to the clubs, consistent with Marine Corps policies.

- *Elimination of weekly prize drawings.

- *Moderate increase in the price of products sold at our clubs, while still keeping them very fair and competitive.

We will also be refining our yearly calendar of events to meet the social needs of all our members and attract them to our clubs. MCCS will take the lead in planning and providing the events you have had the pleasure of enjoying in the past, plus many more will be made available. Your ideas and recommendations remain very important and are welcomed for the betterment of our clubs. Suggestion boxes will be established at each club for you to voice those ideas, along with your concerns and opinions.

The bottom line is that I intend to ensure that our clubs remain a vital part of our MCLB community. I am hopeful that you will continue to support our clubs as a place to gather in camaraderie and friendship.

C. N. HALIDAY
Colonel, U.S. Marine Corps
Commanding

Almost 80, still going strong

Joel C. Guenther

PUBLIC AFFAIRS SPECIALIST

In 1979, Marine Corps Logistics Base Albany was just a couple of years past its silver anniversary. That was the year that Catherine Estes arrived on base and began working at the snack bar in Building 3500.

Born in Lafayette, Ala., Estes has been blind since birth. Yet, she perseveres on her own and with a little help from others.

As a young girl, Estes attended The Alabama School for the Blind in Talladega, Ala.

She was then awarded a scholarship to the Perkins Institute in Watertown, Mass., now called the Perkins School for the Blind. She said she really liked her year in Massachusetts.

“It’s the best school for the blind in the world,” she said. “It’s a wonderful school.” There, she said, she studied music and voice.

She expressed amazement about the school in that they could teach blind, deaf people how to talk. She said, “It’s a miracle how they can do that.”

Estes usually arrives at work about 6:30 a.m. or “whenever I get here” and she works until 3:30 p.m. every day.

First thing up on the day is making coffee. She said the day does go faster when she’s busy. She does admit, though, that sometimes she does take off at 2:30 p.m. on Fridays.

John Richard, operations and plans specialist, Base Operations and Civilian Training Branch, Operations and Training Division, MCLB Albany, said he is part of a coffee klatch which goes in for their early coffee every day. He said he likes to check up on her “making sure she starts the day off good.”

Richard said, “I think she’s done an outstanding job. And she’s a great person too, great to get along with.”

Robbin Lamb, spectrum/enterprise and mobile radio manager, Communication Information Systems Division, MCLB Albany, has known Estes for more than 15 years.

“She never had the ‘poor me, look at me, I’m blind’ attitude,” said Lamb. “She always has an uplifting spirit and she is



NATHAN L. HANKS JR.

Catherine Estes, cashier, Snack Shop, Building 3500, receives payment from Robbin Lamb, spectrum/enterprise land mobile radio manager, Communication Information Systems Division, Marine Corps Logistics Base Albany, for a bag of chips Jan. 30. Estes, who has been blind since birth, has been working in the Snack Shop for nearly 30 years.

always telling funny stories.”

What motivates her to work every day?

“It’s the people. I love the people who come in here. ... It’s just good to know that I’m helping someone. It’s just good to be around people,” said Estes, who is nearly 80-years-old.

“I like working here because people are real nice to me. I love the Marine Corps. ... Oh, I love the Marines. They’re precious. They’re just kind, generous ... and I just love them,” she said.

Honor, courage and commitment, Miss Catherine.

MCA

from page 1

lies should receive.

She was in Iraq in 2003, when living conditions were not as developed as they are now.

“I was there when things first started and we didn’t have Internet or phones or anything. We had to build our own showers. So it was hard to communicate with our families and that was the hardest thing when I was there,” she said.

She knew that things have “changed a lot” since then and when Lewis arrives in the Iraqi theater of operations, lifestyles will be better than what she experienced in 2003.

Maintenance Center Albany has established a family support operation to provide spouses with the same type of information provided to the spouses of deploying Marines, but geared to civilian programs. While similar to the existing Key Volunteer Network available for Marines, it reaches out to civilian programs and resources.

The MCA family support effort is centered on MCA’s Sherry Robinson, who is the civilian key volunteer coordinator. She spoke to the group about civilian related topics that will be of value to the spouses and families of deployed personnel.

“I told them about the assistance available to the families and how we’ll be available for them when their spouses are deployed,” she said.

“As we have more and more deployments, we’ll make this process more formalized to make sure we reach out to the families because they don’t have as much experience with deployments as Marines do,” added Robinson, who works in the MCA Employee Services Office.

When asked to identify the most frequently asked questions she’s received, Robinson outlined common concerns about safety and how spouses could get in touch with their deployed

family member should a need arise.

“And, of course, another main concern is pay and benefits,” she added.

Preparation for their journey has been underway for months as deploying civilians received military training at Camp Lejeune, N.C., and specialized training on Mine Resistant Ambush Protected vehicles they expect to work on in the Iraqi theater of operations.

“I’m just kind of anxious now, trying to figure out what’s going to happen when I first get over there, but I’m kind of excited about going and getting some good training and some good experience,” said James Barfield, DS2, of Dawson, Ga., another first-timer headed overseas, who received MRAP training at the Red River Army Depot in Texarkana, Texas.

“A little nervous, but I’m sure he’ll be fine,” said his wife Maria, as she described her feelings about her husband’s deployment.

“As long as the Marines are going to take care of him, we’ll be fine,” she said.

Others in the room felt like they had made preparations for leaving and that preparation will pay off for them.

“I’m prepared as well as they can prepare us to go, but fully prepared, I’m probably not,” said Robert Espinoza, heavy equipment mechanic, Trades Department, MCA, of Albany, Ga.

He said that he attended the family support meeting ready to learn new things that will help him and his loved ones prepare for his deployment.

“A lot of this, we’ve already been through. This (preparing for deployment) is a pretty long process,” he added.

His friend, Debra Brock, narrowed her concerns for Espinoza to the basics. Although she learned valuable information from the family support briefing, her biggest concern was, she answered, “getting him home.”

Semper Safe

II MEF, MCIEAST Motorcycle Personal Protective Equipment Policy

To eliminate confusion and establish uniformity throughout MCIEAST and II MEF, CG MCIEAST message R 101422Z JAN 08 implemented revisions to existing motorcycle PPE policy. MCIEAST and II MEF motorcycle PPE requirements were modified to be in strict compliance with the requirements currently published in MCO 5100.19 (DRIVESAFE). The CG MCIEAST and CG II MEF policy letter 006-06 was also canceled.

Effective Immediately, the following PPE is mandatory for all individuals operating or riding as a passenger on a motorcycle on MCIEAST installations, and for all military personnel operating or riding on a motorcycle off installations, on- and off-road, in uniform or civilian attire:

1. A properly fastened (under the chin) protective helmet which meets the standards of the Snell Memorial Foundation, the American National Standards Institute, or the Department of Transportation.

2. Impact or shatter resistant goggles or full-face shield attached to the helmet. A windshield, eyeglasses or fairing alone is not considered proper eye protection.

3. A brightly colored outer upper garment during the day and a reflective upper garment at night or a commercially available mesh/fabric vest that is bright yellow, international orange or lime green with two 1 1/2” to 2” wide vertical or horizontal retroreflective strips front and back. The vest is authorized for wear by Marines in uniform, and should be removed as soon as the Marine gets off the motorcycle. The garment must not be covered or concealed, such as by a backpack.

4. Hard-soled shoes with heels. The use of leather boots or over the ankle shoes is encouraged.

5. Properly worn long-sleeved shirt or jacket, long legged trousers and full-fingered gloves or mittens.

6. The PPE for motorcycle operators during off-road operations should also include knee and shin guards or off-road Marine Corps boots and padded full-fingered gloves.

Any Marine or service member of any service attached to a Marine Corps command, and a service member of any service while aboard a MCIEAST installation, who violates the terms of this requirement is subject to punitive action under the Uniform Code of Military Justice. Any such person who operates a motorcycle with a passenger who is not in compliance with the requirements of this paragraph is also subject to punishment for violation of these PPE requirements.

Commanders and Supervisors: It is your responsibility to brief your personnel on the Motorcycle Personal Protective Equipment Policy. Your involvement and support of this coordinated message will help reinforce the importance of uniformity and eliminate confusion. For more information contact your Unit Safety Officer or Base Safety Representative or visit the following Base Safety website; <https://intranet.mcieast.usmc.mil/C12/Workplace%20Information%20S/default.aspx>.

As Marines, Sailors and Civil Servants we live by our ethos.

CHRO NEWS from page 2

- campaign for or against referendum ques- tions, constitutional amendments, municipal ordi- nances
- campaign for or against candidates in par- tisan elections
- make campaign speeches for candidates in partisan elections
- distribute campaign literature in partisan elections
- hold office in political clubs or parties

However, federal employees may not-use offi- cial authority or influence to interfere with an election solicit or discourage political activity of anyone with business before their agency solicit or receive political contributions (may be done in certain limited situations by federal labor or other employee organizations) be candidates for public office in partisan elections engage in political activity while:

- on duty
- in a government office
- wearing an official uniform
- using a government vehicle
- wear partisan political buttons on duty

An employee who violates the Hatch Act shall be removed from their position, and funds appro- priated for the position from which removed thereafter may not be used to pay the employee or individual.

However, if the Merit Systems Protection Board finds by unanimous vote that the violation does not warrant removal, a penalty of not less than 30 days suspension without pay shall be imposed by direction of the Board.

If you have questions about this or any other employee relations issue don't hesitate to contact the Labor and Employee Relations Division of CHRO-SE at (229) 639-5255.

2008 INTRAMURAL BASKETBALL SCHEDULE

Tonight

- 5:30 DS-2 vs GySgt Williams
- 6:30 Team Potts vs Weapons
- 7:30 EW III vs Young Gunz

Feb. 5

- 5:30 Young Gunz vs GySgt Williams
- 6:30 EW III vs Weapons
- 7:30 Team Potts vs DS-2

Feb. 12

- 5:30 Team Potts vs GySgt Williams
- 6:30 EW III vs DS-2
- 7:30 Young Gunz vs Weapons

Feb. 19

- 5:30 GySgt Williams vs DS-2
- 6:30 Weapons vs Team Potts
- 7:30 Young Gunz vs EW III

Feb. 26

- 5:30 Young Gunz vs Team Potts
- 6:30 GySgt Williams vs EW III
- 7:30 Weapons vs DS-2

Feb. 7

- 5:30 DS-2 vs Weapons
- 6:30 Team Potts vs Young Gunz
- 7:30 EW III vs GySgt Williams

Feb. 14

- 5:30 Team Potts vs EW III
- 6:30 DS-2 vs Young Gunz
- 7:30 GySgt Willams vs Weapons

Feb. 21

- 5:30 Weapons vs EWIII
- 6:30 GySgt Williams vs Young Gunz
- 7:30 DS-2 vs Team Potts

Feb. 28

- 5:30 Weapons vs Young Gunz
- 6:30 DS-2 vs EW III
- 7:30 GySgt Williams vs Team Potts



Notes:

1. 20-minute halves. The clock will stop the last two minutes of each half on the whistle or a dead ball.
2. Second team listed is home team.
3. 10-man roster. Players may not switch teams once the season begins. Exception: If a team folds, those players may participate on another team. Teams that have less than 10 players on their roster may add players to reach the maximum limit with the following condition: The play- er must be added to the roster 24 hours before being eligible to play. You may call Tom at 639-5246 or Dan at 639-5246 to add players.
4. Coaches are responsible for putting their players in the score book.
5. Game time is forfeit time, except for the first game which has a 15-minute grace period. The exception is if a team has five players, the game will start on time.
6. Sportsmanship is the number one priority. Have fun, play safe and remember, it's only a game.
7. Players must play 50 percent of the games to play in the end of season tournament.

History of the Corps

Feb. 1, 1967

Operation Prairie II was begun in Quang Tri Province, Vietnam by ele- ments of the 3d Marine Division. During the 46-day search-and-destroy operation which terminated March 18, 93 Marines and 693 of the enemy were killed.

Feb. 2, 1944

The 4th Marine Division, as part of the first assault on islands controlled by the Japanese before the start of World War II, captured Namur and eight other islands in the Kwajalein Atoll.

Feb. 6, 1968

Two reduced Marine battalions, the 1st Battalion, 1st Marines with two companies, and 2d Battalion, 5th Marines with three, recaptured Hue's hospital, jail, and provincial headquarters. It would take three more weeks of intense house to house fighting, and nearly a thousand Marines killed and wounded, before the imperial city was secured.

BRIEFS from page 1

Official Run for Relief T-Shirt.

Also, there will be water stations every two miles, post-race treats, and door prizes.

There will be no pre-race packet pick-up for the race. All runners will receive their race num- bers and chips on the day of the race. T-shirts and goody bags will be given out as runners cross the finish line.

Online Entry and driving directions are avail- able at <http://www.mclbrunforrelief.com>.

For more information call (229) 639-7023 or E-mail caleb.eames@usmc.mil.

Relaxation and Stress Management Workshop

Marine and Family Services, in Building 7200, will host a Relaxation and Stress Management Workshop Feb. 14, from 10 a.m. to noon. Learn to minimize the negative effects that stress may cause in life.

The first 22 adults to sign up are guaranteed a seat. To register, call 639-5252/7939.

Scholarship and charity auction

The Officer's Spouses Club will host a schol- arship and charity auction at the Officer's Club on Marine Corps Logistics Base Feb. 15. The admission is \$12.

- Times:
- Doors open at 5 p.m.
 - Silent auction from 6 -7 p.m.
 - Buffet dinner from 7 - 8 p.m.
 - Live auction 8 - 10 p.m.

To RSVP, call 878-0444.

YMCA Youth Spring Soccer

Those interested in signing up for Youth Spring Soccer can do so at the MCCS main office until Feb. 15. The cost is \$60 which includes the uniform. For more information call 639-5246 or visit www.ala.usmc.mil/mccs/.

2008 Youth Girls Softball Registration

The Albany Recreation and Parks Department will hold registration for Youth Girls Softball at the admistrative office located at 1301 North Monroe St. (in Tift Park).

Registration will take place Monday - Thursday from 8 a.m. - 5 p.m. until March 13.

A parent or guardian and a birth certificate are required at the time of registration for instructional tee ball or for fast pitch youth reg- istering individually.

Fees are \$25 for individuals or \$325 per team (fast pitch) and are non-refundable. The age con- trol date is Jan. 1, 2008. Age brackets are:

- Ages 5-7: Instructional Tee Ball
- Ages 8-10: Fast Pitch (with a pitching machine)
- Fast Pitch for ages 11-12, 13-14, and 15-17.
- A coaches meeting is set for March 11 at 6:30 p.m. at the ARPD. For more information call (229) 430-5222.

Scholarship applications

The Officer's Spouses Club 2008 scholarship applications are now available in the Civilian Human Resources Office. Applications must be submitted by March 14, 2008.

The 15U Travel Baseball Team

The 15U Travel Baseball Team is looking for a few more players to augment its current roster for the 2008 spring/summer season.

The team is based in Leesburg, Ga., and is called The Leesburg Venom. The Venom is the current points leader in the 15U Grand Slam Sports Division and has already qualified for the 2008 World Series Championship being held in Panama City Beach, Fla., in July.

The primary need is for players skilled in pitching and playing catcher, but all interested players are highly encouraged to try-out for the team.

Depending on demonstrated skill level, 13 and 14 year old players will be considered for the team. Interested 15 year old players must not turn 16 prior to May 1, to be eligible to play in this league.

For more information and details, please call (229) 886-9833.

Pharmacy reminder

Naval Branch Clinic, Outpatient Pharmacy, reminds personnel that for new prescriptions, a hard copy form from a doctor is required.

The pharmacy will also only accept phone-in or web-based refills.

To refill a prescription, call 1-800-628-7427 or use their website at <http://navalhospital-jax.med.navy.mil>, click on "Online pharmacy refills."

Renewed prescriptions will be handled like new prescriptions.

The hours of operation are 8 a.m.- 4 p.m. Mon.-Fri.

NSPS FREQUENTLY ASKED QUESTIONS

This "Question and Answer" segment is a standing part of the *Emblem* and will be posted in other areas across our Commands. As you consider the impact of the National Security Personnel System will have on you, forward your questions to Patricia Alexander, Civilian Human Resources Office Southeast, at 639-5280 or e-mail pat.alexander@usmc.mil. If we don't know the answer, we'll quickly find it, and publish the information each week.

Here are a few recent questions we received:

Q: What criteria are used to classify a position as supervisory in NSPS?

A: To be considered a supervisor in NSPS, an individual must supervise more than one employee and perform the duties of an imme- diate supervisor, which include: assign work to subordinates based on priorities, difficulty of assignments, and the capabilities of employ- ees; provide technical oversight; develop per- formance plans and rate employees (or recom- mend such actions); interview candidates for subordinate positions and recommend hiring, promotion, or reassignments; take disciplinary

measures, such as warnings or reprimands (or recommend such actions); identify develop- mental and training needs of employees, and provide and/or arrange for needed develop- ment and training. Supervised employees may include federal civilian employees, military members, uniformed service employees, vol- unteers, or other non-contractor personnel. Positions with oversight responsibilities only over private sector contractors do not meet this definition.

Q: When an employee on temporary pro- motion is converted to NSPS and then returned to the position to which temporarily promoted, will the temporary promotion salary include the WGI buy-in?

A: No, the employee's salary for the tem- porary promotion will not be adjusted to include the WGI buy-in.

Q: Will employees who have a presump- tive fully successful rating receive the WGI buy-in?

A: Yes.

For more NSPS information take NSPS 101 at <http://www.cpms.osd.mil/nsps/>.

DON'T HIBERNATE "COMMUNICATE"

Your feedback will help us mantain the quality of excellence you expect.

The Interactive Customer Evaluation (ICE) system

Go to www.ala.usmc.mil and click on the ICE logo (or) <http://ice.disa.mil>.



RATE THE SERVICE PROVIDERS, PROVIDE COMMENTS AND SUGGESTIONS.

HELP US IMPROVE BY TELLING US WHAT YOU WANT.

Employee leave donation requests

The following employees are currently approved as leave recipients:

Kathryn D. Bohannon, an employee of Maintenance Management Center, needs leave donations for surgery. Call Sabrina W. Brown at 639-5723.

Earnest C. Brown, an employee of Fleet Support Division, needs leave dona- tions for surgery. Call Scott Johnson at 639-5884

Sammie A. Gamble, an employee of Fleet Support Division, needs leave dona- tions for surgery. Call Michael Layfield at 639-6133.

Elie R. Harper, an employee of Maintenance Center Albany, needs leave donations for a stroke. Call Ronald L. Kinson at 639-5363.

Martin James Norman, an employee of Fleet Support Division, needs leave dona-

tions for surgery. Call Patton E. Jones at 639-7155.

Terry A. Peterson, an employee with Program Support Center, needs leave for ongoing treatments for a serious illness. Call Stephanie D. Byrd at 639-8297.

Linda F. Riggins, an employee of Maintenance Center Albany needs leave

donations for surgery. Call Anthony Sangfield at 639-6908.

Johnny L. Wright, an employee of Fleet Support Division, needs leave dona- tions for surgery. Call Scott Johnson at 639-5884.

For further information on an individual need, please call the point of contact list- ed after each name.



HADITHA, Iraq - Sgt. Steven N. Penley, 26, squad leader, 3rd Battalion, 23rd Marine Regiment, Company L, gives a girl a high-five during a meet and greet patrol through Haditha City. Company L routinely patrols the city's streets and meets with the residents to gain information on what is happening

LANCE CPL. SHAWN COOLMAN

Iraqi, U.S. kids meet through letters

Cpl. Bryce C.K. Muhlenberg
1st Marine Division

HABBANIYAH, IRAQ — Just four years ago, Capt. Brian Von Kraus, now commander of Headquarters and Support Company, 1st Battalion, 1st Marine Regiment, Regimental Combat Team 6, was a platoon commander, fighting a kinetic war against insurgent forces in Anbar, Iraq.

Serving in 2004 at the forefront of clandestine military operations, Von Kraus witnessed the worst of what the enemy could throw at a Marine unit. During one complex attack, initiated by insurgents, he led his Marines in three separate successful assaults on an enemy position. For his actions that day, he was awarded the Silver Star Medal, one of the Marine Corps' highest awards for conspicuous gallantry, third only to the Congressional Medal of Honor and the Navy Cross.

Four years later, Von Kraus finds himself back in the Anbar province, but this time he's winning the war without firing a shot. He has once again come to the forefront of operations as the creator of "Operation Iraqi Pen Pal", a letter exchange program bridging the gap between the young students of the local Iraqi schools here, and students of Boston and Maine public schools in the United States.

Operation Iraqi Pen Pal recently completed its first transfer of more than 70 letters from Iraqi children to multiple U.S. schools, who in turn, provided more than 100 responses that were handed out to Iraqi children by Von Kraus himself.

"The Americans, all they see is bad news; bombs, crimes, all of this," said the 29-year-old Boston native standing amongst a throng of local youth while he handed out another batch of American letters. "With the pen pals, American kids can talk to Iraqi kids and see the reality of the good stuff and see how similar they really are to the children over here in Iraq. I'm sure we all have common misconceptions and I hope this can clear some of that up."

The program's initial stages started late September with just a couple of e-mails and some help from his family, said Von Kraus.

"I got the idea from the adjutant, who was starting a similar project," he said. "I also got an e-mail from my mother the same day. So, I started e-mailing some schools back home and my mother started working the network down there, getting in contact with schools."

Eventually the program proved to be a popular idea in the United States and it was put on a type of Boston public schools bulletin. People started calling Von Kraus, asking how

they can get involved. Since then, the letters continued to flow in from the states.

According to Jasam Mouhame Idan, the 37-year-old assistant manager of the Arfwan girls school here, he couldn't be happier.

"This is the first time I have heard of a program like this, and it is great," said the tall, Habbaniyah, Iraq, native. "And it is a very good idea because these students can make friends in the United States and other countries, and it lets them know that we are not bad people. We are good. We like this idea because we see that your people want to know what is going on in our country."

The letters come from all over Boston along with a few other schools in Maine, which included post cards with different photos showing America and its way of life, said Von Kraus. He also commented on how unique the experience has been for the children on both ends.

"One cool thing about when the Iraqi kids get these letters and post cards is they realized that they are noticed by American kids and they write back with their own letters and photos," said Von Kraus. "I think these kids have no idea what to make of it. There are photos of American girls playing soccer and having class and doing everything together with the guys. There are pictures of the kid's sledding, skiing, going to the movies, swimming and some of this blows the Iraqi kids minds. The stuff we take for granted, they don't get to do over here in Iraq, but I think Iraqi kids respond really well to the letters."

But this type of operation probably wouldn't have been a possibility years ago when Von Kraus was with his previous unit, said Idan.

"There was a time when there was much fighting here," said Idan. "The terrorists made us scared; the children could not go to school and it was not safe. Now it is safe again and we can grow."

Von Kraus, who is on his third deployment to Iraq and fifth deployment since he became a Marine, backs up Idan's statement by describing his time in Iraq.

"The biggest difference between my previous deployments to Iraq and this one is that on my last one, everybody was worried about surviving IED attacks, fire fights...both civilian and military had this worry. And unfortunately, more often than not, the attacks killed civilians," said Von Kraus. "On this deployment, they have gone beyond that. I look around me here, and they are out in the open building a school. Back then, security was a lot worse. We patrolled every day and something always happened, always an ambush or a fight. It was



CPL. BRYCE C.K. MUHLENBERG

Iraqi students hold American written letters and postcards sent from American children from Boston and Maine public schools here after Captain Brian Von Kraus, the commander of Headquarters and Support Company, 1st Battalion, 1st Marine Regiment, Regimental Combat Team 6, and creator of "Operation Iraqi Pen Pal", visited the school and distributed the letters.

good and bad. It felt like cutting weeds - you cut it and it just grows right back. Now, we see progress. It is quiet now and its becoming a normal country. People can go to school."

And that's what children have been able to do since the "Ready to Fight" battalion arrived in late July. There has been a great resurgence of local security, safety and progress in an area once dubbed the "wild west" of Iraq. This security has allowed Iraqis to begin training as Iraqi security personnel, which allows other Iraqis to go about their lives and start re-building their country in a safe environment.

"It is amazing how many Iraqis you see out here taking charge now, which allows us to do great stuff like this."

The program is a great success, said Idan, and for more than one reason.

"I also think that when kids see the U.S. forces, some wave, but some are scared," he

said. "It's going to also help kids understand more about the Marines, because some of them have heard bad things from insurgents, who have said the American forces are bad guys. I think this program will let them know how Americans really are."

"I really think it is good for both countries and hopefully we can make this possible across every unit here in Anbar," said Von Kraus. "I hope to pass it up to the Regimental Combat Team level and push it out to other battalions and out to as many schools as possible. I would love to see them carry this one and I think it will be good if they do."

Four years ago, Von Kraus and his Marines successfully defeated their enemy using fire and maneuver; but now, as Von Kraus has shown, Marines can use other approaches to counter insurgency operations in the modern fight against terrorism.

Afghan officers taking operational control in eastern Afghanistan

Staff Sgt. Luis P. Valdespino Jr.
COMBINED SECURITY TRANSITION COMMAND - AFGHANISTAN

KUNAR PROVINCE, Afghanistan — Afghan National Army officers, mentored by a Marine embedded training team, showed initiative and took the lead for their army and country.

Leathernecks with ETT 7-2 deployed this summer from Okinawa, Japan, and were assigned to work with the 3rd and 5th Kandaks (Afghan battalions), 3rd Brigade, 201st ANA Corps. The Marines have been with the kandaks in operational and garrison environments, and they have seen officers demonstrate their abilities and willingness to take charge.

The goal is for the ANA to eventually operate on its own, while U.S. and coalition forces merely provide support. The ETT advisors encourage the Afghan officers and staff non-commissioned officers to be in the lead in all they do and to develop leadership traits in their subordinates.

Lt. Col. James F. Werth, ETT 7-2 officer in charge, said he advises the 3rd Kandak commander to allow subordinate officers to make decisions on their own. When the ETT joined the ANA, he wasn't seeing this like he is now starting to.

"Routine decisions that U.S. officers normally just do are things they won't do. A lot has to do with their culture and history. Their first course of action is often to let others make the decision, (that way) they cannot (personally) be wrong and lose face," Werth said.

The Marine advisors said the ANA officers have shown courage during combat, but can improve on initiative and decision-making for operations, logistics and intelligence. Werth encourages this initiative among the officer ranks and said they are making progress.

Werth said the ETT mentors with 5th Kandak (Combat Service Support) report numerous examples of platoon commanders planning and executing logistic convoys with minimal advice. The officers are also learning to let their NCOs

take charge of supervising soldiers.

Both kandaks have companies and platoons spread throughout eastern Afghanistan. Because they spend a lot of time conducting convoys on the rugged main supply routes, maintaining vehicles is a key element here, Werth explained. But maintenance upkeep is not something the Afghan soldiers are used to doing.

The ANA NCOs now routinely conduct pre-convoy inspections and supervise preventive maintenance checks on their vehicles, something the mentors did not see when they first started working with their kandaks.

In 3rd Kandak (Armored), the intelligence officer is now more active in gathering and sharing information with both Werth and his kandak commander, ANA Lt. Col. Mohammad Naseem. Recently this included reports about Taliban threats to Gojers (a semi-nomadic tribe). Werth advised Naseem on courses of action, but encouraged the ANA officers to come up with their own solutions to the problem.

The ANA officers discussed possible operational responses and planned out immediate means for helping the Gojers, many of whom had been forced from their homes in Nurestan Province and pushed into Kunar Province.

The 3rd Kandak (Armored) soldiers led several humanitarian assistance visits in the snow to provide food and clothing to the displaced Gojers and local villagers. Several of these visits were planned and conducted without coalition presence.

While the mentors admit they still have plenty of work to do, and the ANA still has a lot of room for improvement, they take pride in the changes they have facilitated.

Seeing the 1st Company, 3rd Kandak, commanding officer really develop into "a strong commanding officer" is one of the accomplishments of which Marine Master Sgt. Scott M. Ingbretnsen, mentor for the 1st Company at Forward Operating Base Keating, said he is most proud.

"Their way works very well," Ingbretnsen added.



STAFF SGT. LUIS P. VALDESPINO JR.

Marine Lt. Col. James F. Werth (front right), Afghan National Army Lt. Col. Mohammad Naseem (left) and ANA Capt. Mohammad Usman Amoni discuss operational tactics from the top of eastern Afghanistan mountains. Werth is the team chief for Embedded Training Team 7-2 which is deployed to Afghanistan from Okinawa, Japan, to work with the ANA. Naseem is commander of 3rd Kandak (Armored), 3rd Brigade, 201st ANA Corps, and Amoni is company commander for Headquarters and Headquarters Company, 3rd Kandak (Armored).



LANCE CPL. RICHARD BLUMENSTEIN

CAMP SCHWAB, OKINAWA, Japan - An explosive ordnance disposal team's robot helps inspect a simulated possible improvised explosive device Jan. 9 in the Central Training Area.

Injured Marine provides hope, inspiration



STAFF SGT. LEO A. SALINAS

WASHINGTON – Sgt. Klay South with help from this mother Janet launched Veterans of Valor on October 4, 2007. South was wounded November 2004 and spent a long recovery process to reconstruct his face and jaw after being shot in the face with an AK-47.

Pfc. Bryan Carfrey
HEADQUARTERS MARINE CORPS

WASHINGTON — A previous hospital patient returned Jan. 17 to give backpacks and words of encouragement in support of wounded service members.

Klay South, 31, and his Veterans of Valor organization made visits to hospital and physical therapy rooms at Bethesda Naval Hospital and Walter Reed Army Medical Center.

South, accompanied by country singer John Kiger, shared war stories and presented backpacks put together through donations to Veterans of Valor.

The backpacks contained iPods, video games and athletic gear that included athletic pants that open on the side. The pants were especially well received.

“The backpacks were just phenomenal. One of the best things in there were the side opening sweatpants, because in my case I have gun shot wounds in my legs and the doctors have to continually check them,” said Lt. Col. Keith Schuring.

The visits were a surprise to the patients and many weren’t aware that Veterans of Valor would be stopping by.

“I was surprised by the visit and the bag. I had just gotten finished with my physical therapy and was asked to hang tight. The bags are just great, it’s something that is certainly needed,” said Cpl. Jimmy Kinsey.

South drew upon personal experiences in designing both the bags and the trip to the wounded warriors. He spent many days in surgery and nights in thought through his time at the hospitals.

“I was turning a corner in Fallujah in November of 2004 when I was shot point-blank in the face with an AK-47,” said the Franklin, Indiana native. “Sometimes I felt like there was no light at the end of the tunnel.”

South had between 40-50 surgeries to reconstruct his face and jaw, he said. During his own long road to recovery he realized help for wounded veterans were needed and he wanted to do something.

Being a previous patient and wounded warrior was also well received by the recipients of the gifts. South was able to sympathize with the feelings that the patients were experiencing and offered his advice on how to get through the recovery process.

“We have had visitors like Donald Rumsfeld and the Commandant of the Marine Corps. But when Sgt. South came in, it was like a breath

of fresh air. A Marine that has been in combat, a Marine that has started such a great program as Veterans of Valor. Its just wonderful to see someone step-up and take charge like he has because he has lived this life. He knows what it’s like to be in this position,” said Schuring.

Schuring was also impressed that a young Marine spearheaded the organization and talked highly of the non-commissioned officers in the Marines.

“What Sgt. South has done with Veterans of Valor speaks volumes for the NCO corps. We have the strongest NCO corps in the world – bar none,” said Schuring.

The Veterans of Valor organization was officially launched on October 4, 2007 after raising \$21,000 through donations and fundraisers. The quest for donations never stops

“We are constantly looking for new ideas for fundraisers and doing ground work to get donations,” said Janet South, Klay’s mother.

Klay has no intentions of slowing down with his newly founded organization.

“My main goal right now is to do everything I can for Veterans of Valor,” said Klay. “As long as there is a need I’m going to supply it.” To make donations to the organization visit www.veteransofvalor.org.



STAFF SGT. LEO A. SALINAS

“It’s a wonderful feeling. You don’t think about yourself. I’m doing this for the wounded that can’t do it for themselves. You can’t pay me money for this. It’s the best job in the world,” said South. South was wounded November 2004 and spent a long recovery process to reconstruct his face and jaw after being shot in the face with an AK-47. Veterans of Valor visited Bethesda Naval Hospital and Walter Reed Army Medical Center Jan. 17 to give backpacks and words of encouragement to wounded service members.

III MEF selected as first to use new web-based logistics system

Lance Cpl David Rogers
CAMP KINSER, OKINAWA

CAMP KINSER, OKINAWA, Japan — III Marine Expeditionary Force units in Okinawa are scheduled to be the first to implement a new Corps-wide logistics system within the next 12-18 months.

A team of logistics specialists from Marine Corps Systems Command and civilians with the Oracle Corporation recently spent two weeks visiting units and key personnel here to discuss the Global Combat Support System-Marine Corps.

“III MEF has been identified as the best initial rollout facility because of their location,” said Lt. Col. Jim Stone, the senior Marine advisor for the new system.

“They’re away from the United States, and they’re almost always in a deployed status. If there is anything that could go wrong with our system, this is where it’s going to occur.”

The system is designed to become a world-wide computer network system that will allow units to order and track supplies and services with the click of a mouse, much like online shopping at Web-sites such as Yahoo.com or Amazon.com, according to Stone.

The system is intended to improve current logistics systems by speeding up the processing of supply requests and improving the ability to track the location of individual pieces of gear, according to Cpl. John Owen, supply administration and operations

clerk with Combat Logistics Regiment 35.

“Right now, we keypunch things, typing them into our system one-by-one,” said Owen. “That’s not efficient at all. You can make a simple mistake and accidentally change one item into something else.”

Over the past 40 years, the Marine Corps has used several different systems to manage logistics, according to Stone.

The systems currently used are not up to today’s industry standards.

The GCSS-MC has been in development for the past two years.

It is based off of a program created by the Oracle Corporation, which is modifying the program to meet the Marine Corps’ needs.

The program is an industry standard worldwide application that’s used by many civilian companies, according to Stone.

“With those two years of work, we’ve come up with a lot of assumptions as to how this system should be fielded in the Marine Corps,” Stone said. “(The Marines of III MEF) are the experts in the operations here, and we need to have their valuable input to make sure our assumptions are correct and up to III MEF standards.”

Input and solutions from III MEF Marines who tackle the system’s initial challenges will be used to improve upon and ease implementation within I and II MEF.

For more information, log onto <http://www.okinawa.usmc.mil> for related video.

